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<div> <h2>Coordinator's Corner</h2>  <p>Recently, we’ve been getting a lot of calls asking if food stamps and other forms of assistance count towards that final goal of being off of welfare. As stated in each FSS contract, one of the graduation requirements is “to become independent of welfare assistance and remain independent of welfare assistance for at least 12 consecutive months before the contract expires.” In an effort to serve you better, we’d like to take a moment to clarify the meaning of “welfare assistance” as outline in the contract.</p> <p>There are many different forms of assistance, yet not all of them are considered welfare assistance. For the</p> </div>	<div> <p>purposes of the FSS program only, the term <i>welfare assistance</i> means, “income assistance from Federal or State programs, and includes only cash maintenance payments designed to meet a family’s ongoing basic needs.” This means that cash assistance programs like TANF count, but programs such as food stamps do not.</p> <p>If you have any questions about your FSS contract or would like more program information, please call us at (858) 694-8709.</p> <div>  <p><i>Building Better Neighborhoods</i></p> <p><b>County of San Diego Housing &amp; Community Development Family Self-Sufficiency Program 3989 Ruffin Road San Diego CA 92123</b></p> <p>Phone: 858-694-8709 Fax: 858-514-6524 E-mail: <a href="mailto:Dolores.Diaz@sdcounty.ca.gov">Dolores.Diaz@sdcounty.ca.gov</a> <a href="http://www.sdhcd.org">www.sdhcd.org</a></p> </div> </div>

	<div> <h1>Family Self-Sufficiency News</h1> </div>	<div> <p>Money Management News</p> <p>Family Self-Sufficiency News Spring 2010</p> </div>
<div> <h2>Celebrating Inspiration</h2> <p>Every semester, the FSS program receives dozens of scholarship essays that speak about struggle, success, and overcoming obstacles. Though each of our applicants have an equally inspirational story to tell, one of our Fall 2009 winners put pen to paper and really showed how dreams can be accomplished despite tremendous odds.</p> <p>...</p> <p>Excerpts from “<i>Building a Better Community</i>” by Regina:</p> <p>“I am someone who I used to refer to as a <i>functioning homeless person</i>. I carried my belongings in a rolling suitcase instead of a shopping cart. I paid what I could, when I</p> </div>	<div> <p>could, always sharing my meager gleanings with others who were less fortunate than myself. There were persons like me at every train station, airport, bus station and hostel I visited. We were constantly on the move, exhausted, but refusing to stay on the bottom just because that is where we landed.”...</p> <p>...“Recently I decided to use my experiences in homelessness to bring a different type of service intervention to the South Bay. I have taken seminars with SCORE and I am working through Volunteer Match to find persons who are willing to work with me to open a non-profit facility. My non-profit is inspired by both <i>Sisters</i> and the <i>Buskers</i></p> <p>organization. Both groups excel at treating two of the most crucial needs of the homeless; the need for dignity and a place to socialize and regroup. We will supply low cost meals, showers, and a venue for street performers; otherwise known as buskers. If you can’t sing for your supper at least you can hear someone who can. A game of chess, a meal and music work wonders to help someone make it to the next day.”</p> <p>...</p> <p>Thank you to everyone who made a submission. We look forward to reading your stories in Fall 2010.</p> <h2>Financial Education Program Available</h2> <p>The Federal Deposit Insurance Corporation (FDIC) initiated a national financial education campaign in 2001 by launching Money Smart, a comprehensive financial education curriculum designed to help individuals outside the financial industry develop money management skills and positive banking relationships. The FDIC is continuing to work diligently at reaching out to households all across America. Because of their dedication, the FSS program recently received over 100 Money Smart CDs, in both English and Spanish, which are currently available for pickup or mailing. Each CD has an interactive menu that moves participants through the banking and loan process step-by-step using normal, everyday examples. After completing each section, there is a certificate available for print. If one of your goals is</p> <p>to take a financial, debt consolidation, homeownership, or loan education workshop, then simply complete 5 relevant sections and send in your certificates! We will count the completion as a substitute for attending a workshop. Even better, it can all be done at your own pace!</p> <p>If you are interested in a Money Smart CD, please call us at (858) 694-8709 today!</p> </div>	<div>  <p><b>Do you</b> have a tasty recipe or a money saving tip that you would like to share? We would love to hear from you! Send your ideas to our FSS assistant at:</p> <p><a href="mailto:Michelle.Richardson@sdcounty.ca.gov">Michelle.Richardson@sdcounty.ca.gov</a></p> <p>Or call (858) 694-8709</p> <h2>FSS Spring 2010 Scholarship Winners</h2> <p>The Family Self-Sufficiency program is proud to announce that seven scholarships will be awarded for Spring 2010. Congratulations to: Mahognay, Claudia, Darnea, James, Shantell, Kristie and Jesse. We would like to thank everyone who submitted an essay and we encourage all participants enrolling for the next semester to apply for our Fall 2010 scholarship program. A notice will be sent out to participants when scholarship applications will be made available this summer. If you have any questions, please call (858) 694-4823.</p> <h2>Spring Graduates</h2> <p>Through hard work and dedication, our two Spring graduates have accomplished their educational and career-oriented goals. Congratulations! We are honored to have had the privilege of working with you, and wish you the best with your future endeavors.</p> </div>



## Beans! Beans! the Magical Food

Did you know?

- Beans are high in fiber, protein and are an excellent source of complex carbohydrates.
- Most bean varieties possess little to no fat.
- They are inexpensive, widely available in supermarkets, and can be found in either economical dried forms or canned for those meals that must be quickly prepared.

The question is... how are they used? For around \$10, this simple recipe incorporates beans into a healthy and filling soup that can feed a large family in no time!

### What you'll need:

1-2 pounds of ground turkey

2 family-size cans of condensed minestrone soup

1 can of black beans

1 can of peeled tomatoes

Salt and pepper

1 large soup/stew pot (5 quarts)

### To prepare:

- Brown the turkey in the large stew pot on a medium-high heat stovetop. Once mostly cooked, drain

off any excess fats into a container or bowl. (note: if poured down the sink, animal fats will harden and can cause a clog. Cool the grease in a bowl on the counter, and then pour into a ziplock bag for easy disposal).

- Now that the turkey has been drained, add the minestrone soup to the pot. Add 2 cans of water and stir.

- Add the black beans and tomatoes, then salt and pepper to taste. Stir.

- Let simmer on the stove for 15-20 minutes.

Enjoy!

**Serves between 8-10 people**



## Getting in Shape Without Breaking the Bank

With obesity and diabetes on the rise, getting proper exercise is becoming increasingly important; however, membership fees

to local gyms can be expensive.

In an effort to promote healthy living, Parks and Recreation has installed a new exercise circuit at Lindo Lake Park in Lakeside. This latest addition to the park has created an opportunity to enjoy a full body workout, outside! According to the County of San Diego's webpage for the park, "A new fitness walk on the westernmost peninsula on the south shore of the lake features 17 physical fitness stations that present a scenic, no-cost workout

for park visitors." This circuit houses many of the same strength-building and aerobic pieces of equipment that can be found at the local gym, and it's **free!**

Park hours of operation are from 9:30 a.m. to sunset.

For more information visit the park website at <http://www.sdcounty.ca.gov/parks/picnic/lindolake.html>, or call 619.644.5492.



## Computers for Self-Sufficiency

We live in a digital age and having a computer at home is practically a necessity. This Winter, the County's Department of Housing and Community Development teamed up with the San Diego Futures Foundation to offer computers to 7 FSS families. These families were selected based on answers from their 2009 Annual Family Self-Sufficiency Up-

date. The computers that were given away are Dell computers that were previously used by staff at a variety of offices before they were refurbished and loaded with software programs. These lucky clients can now become familiar with a computer, learn basic word processing, practice their typing skills, edit photos, and much more from the comfort of their own

home. Although the families are responsible for obtaining access to the internet, the computers come loaded with a web-browser, anti-virus software, and a program that scans for ad-ware and spyware that can slow computers down.

Congratulations to all of the families who picked up their computers!

The Future's Foundation donates computers to non-

profit and government agencies annually based on need. If you are interested in information on how to obtain a computer, please contact the FSS program at (858) 694-8709.



## Free Tuesdays at Balboa Park

Are you planning a fun day for your family but looking to save a little cash? Don't worry! For San Diego residents, there are free admissions every Tuesday to different museums and centers in Balboa Park.



Here is the schedule of the museums that rotate each month:

### First Tuesday (of the month)

- Reuben H. Fleet Science Center,
- Centro Cultural de la Raza
- Model Railroad Museum
- Natural History Museum

### Second Tuesday

- Museum of Photographic Arts
- Museum of San Diego History
- Veterans' Museum and Memorial Center

### Third Tuesday

- San Diego Art Institute
- Mingei International Museum
- San Diego Museum of Art
- San Diego Museum of Man
- Japanese Friendship Garden

### Fourth Tuesday

- San Diego Air & Space Museum
- San Diego Automotive Museum (last admission 3:45pm)
- San Diego Hall of Champions
- House of Pacific Relations International Cottages

### Fifth Tuesday

- Normal museum prices in effect.
- The Timken Museum of Art is always free.

\*Some museums may offer free admission to their permanent collections only, and charge admission to special exhibitions or films

All museums are free to San Diego County Residents, Active Military and their dependants only. For more information, please visit:

<http://www.balboapark.org/calendar/detail.php?EventID=370>

Or call (619) 239-0512

